



Kancho's Corner



Thoughts on Burdens

If I were asked to take *seigan no kamae* with a sword, the last thing I would think about would be the weight of the sword (A sword only weighs around 2 kg after all). The absolute weight doesn't matter. It really depends on how long I try to hold it. If I hold it for a minute, that's not a problem.... If I hold it for an hour, my body may start to ache.... If I hold it for a day, I'll need an ambulance.

In each case, it's the same weight, but the longer I hold it, the heavier it becomes. And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the sword, we have to be able to put it down for a while and rest before holding it again. When we're refreshed, we can carry on.

So, before you return home tonight put down any burdens you are carrying. Don't carry them home. You can pick them up tomorrow ... **if they are still needing to be picked up**. Whatever burdens you're carrying now, put them down for a moment if you can. Relax ... pick them up later after you've rested.

There are a couple of other things to consider. If I'm able to 'move freely' and 'play with the sword' it will seem less of a burden. If I love carrying something, it isn't as heavy. We can take pride in our ability to 'support' and the load will seem much lighter.

Life's great. Enjoy

Sensei David

Things to Think About

- How strong are you? How much weight can you lift? That is relative. We must consider the weight and how long we must hold the weight.
- Holding a glass of water for a minute is no problem. Holding it for half an hour, is painful and you won't be able to hold it for an hour.
- Time makes your burdens heavier. If you always carry your burdens, you will feel them very heavy and you won't be able to move forward.
- You must release your burdens to cease your pain, so you can continue your way forward and achieve your life goals!

Dojo Doctor

Which Dodgy Love Affair Do You Need To Dump?



So you just love your crispy crème donuts, you're passionate about pizza or you couldn't live without your evening beer or wine; well you're not alone.

This love affair is going very well as far as your tastebuds are concerned but I wonder about the rest of you.

How about your arteries, your liver or your love handles, are they feeling the love as well or perhaps they are feeling a little cheated.

Are you feeling exhausted trying to maintain so many affairs with so many tasty treats while all the while the amazing exercise equipment you bought in a wine or muffin haze from a TV ad are gathering dust under your bed.

That love affair was short lived yet continues to fuel guilt every time you have to move it to vacuum under the bed.

The love affair with sugar, junk fat and excess alcohol has had a good run but the price has been higher, and continues to climb. This lover has been very dodgy, promised your taste buds the world and then broke your heart, arteries, liver pancreas etc.

Maybe it's time to cool this relationship down a bit, maybe only get together on weekends and keep the visits short.

Just tell them it's you not them and that you want to spend some quality time with some green veges.

Oh Yea! iannewton.com

Ian Newton

Upcoming Events

AIKIDO YOSHINKAI N.S.W
IS PROUD TO HOST
KYOICHI INOUE HANSHI 10TH DAN

SEMINAR
This is an exclusive private seminar with the former Kancho, Head Instructor of Yoshinkan Aikido Honbu Dojo and accompanied by his wife Aiko Inoue Shihan.

DATE	TIME
Saturday April 22nd	10:00 to 17:00
Sunday April 23rd	10:00 to 17:00

COST
\$250
Early bird discount book before March 1st \$200

LOCATION
AYNSW Dojo, 310 Murrickville Rd, Murrickville

limited spaces for this rare opportunity so book now
WWW.AIKIDO-SYDNEY.COM or 0422 522 888

Save the Date!

Kenshinryu Winter Gasshuku 9 - 11 June 2017
Aikido . Shinto Muso Ryu Jujutsu . Shinto Ryu Kenjutsu & Laijutsu
Suitable for practitioners of all styles aged 15yrs + and any level of experience
Enquiries and bookings: 5445 9116 or info@kenshin.com.au

Upcoming Events Cont'd



Kenshinryu
剣神流

Kenshinryu Mudjimba
will be offering a series of
Women's Self Defense
classes...



WOMEN'S SELF-DEFENSE

**Practical self-defense techniques
and strategies designed specifically
for women!**

- . Suitable for women & girls from 12yrs
- . Female participants only
- . Not strength based
- . Regular weekly classes allow you to develop effective skills
- . No previous martial arts experience necessary
- . Certified Kenshinryu senior instructor with 20yrs Aikido experience

FEES

Adults \$15 per class
School students \$10 per class
Additional family members \$10 per class

Pre-Paid Packages:

6 classes (adults) \$75 (equals 1 class free)
6 classes (students) \$50 (equals 1 class free)
6 classes (mother & daughter) \$99 (**introductory special - save over \$50)

Wednesdays 7:30pm - 8:30pm
(please arrive 5 or 10 mins early)

**Contact us today to book your
individual or group sessions!**

Northshore Community Centre, 701 David Low Way, Mudjimba
P: 0418 753 184 E: info@kenshin.com.au



Kenshinryu Mudjimba will be hosting a series of Women's Self Defence classes every Wednesday from 7:30 - 8:30pm.

The classes are suitable for women and girls only, from 12yrs of age. There will be regular weekly classes allowing you to develop and strengthen your skills and there is no pre-requirement for joining, and no martial arts experience necessary.

Classes will be held with a certified Kenshinryu senior instructor with 20yrs Aikido experience.

Fees:

Adults \$15 per class
School Students \$10 per class
Additional family members \$10 per class

Pre-paid Packages:

6 classes (adults) \$75 (equals 1 class free)
6 classes (students) \$50 equals 1 class free)
6 classes (mother & daughter) \$99

**Contact us today to book your individual or
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I'd like to recommend that you have a look at this [website](https://www.aikiinsights.com/) and become a subscriber. <https://www.aikiinsights.com/>

When I was last in Melbourne I was interviewed by its founder, Marvin Oka, and I have since listened to all the podcasts on the site.

There is an absolute wealth of information for Aikido and Budo students - all being shared in a conversational format by some very highly experienced Teachers including Joe Thambu, Robert Mustard and Darren Friend Sensei's.

The information is suitable for absolute beginners through to students and instructors with many years practice behind them.

Accelerate your development in Aikido - Double your results from your training efforts - Improve your mind-body coordination - Develop your Aikido spirit - Embody and apply Aikido principles in daily life.



Learn how to learn Aikido

Get insights and teachings from various Sensei that make a difference to how you train.



Improve your Mind/Body coordination

Learn tips and techniques to enhance your Mind-Body connection when doing Aikido.



Daily applications of Aikido Philosophy

Learn about Aikido philosophy and key principles, and how it applies in daily life.